

# Highlanders Hold Holiday Bazaar

NEWS, PAGE 4

Rusty Payne, aka Santa, a 1991 McLean High graduate, with daughter Ginny, 7, a second-grader at Kent Gardens Elementary School pictured at The Highlander Holiday Bazaar at McLean High School on Saturday, Dec. 7.

## Tyson's Plan Debated

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## McLean Holiday Crafts Show a Hit

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## Tysons Plan Debated

Follow-up dialogue with County staff on Phase I, Land Use.

BY RUSS UGONE  
THE CONNECTION

As part of the Tysons Plan Amendment Process, a follow-up meeting on Dec. 4 was held by the Fairfax County Planning Staff with the public at Freedom Hill Elementary School. The purpose of the meeting was to discuss proposed changes to Phase 1 of the Tysons Plan. Implementation of the Tysons Development Plan began in 2010, after a 5 year planning process. Areas such as Ballston and Rosslyn were used as models when the plan was being developed. Construction at Tysons is expected to be completed in the year 2050 when Tysons will be home to 100,000 residents and 200,000 jobs.

Matthew Ladd, Senior Planner, Planning Division, Fairfax County, said that “this was the first of three meetings on recommendations from the public to the 2010 Tysons Development Plan.” He added that “the recommendations would be grouped into three phases, Land Use, Transportation and Parks, and Public Facilities.” Fairfax County planners will hold separate meetings with the public to discuss the results of examining each phase’s recommendations in order to seek comments on proposed changes. Final decisions on amendment to the Plan will be made by the Board of Supervisors in 2015.

**AT THIS MEETING**, three recommendations and outcomes pertaining to Land Use were covered. The first recommendation pertained to increasing the density level over what was planned for office space development. Based on comments received from the public sector, the Board of Supervisors asked for a study. As a result, the Board approved new language that was added to the Tysons Plan which would strengthen the monitoring on infrastructure and funding progress during the construction phase. This progress reporting process would allow for future changes that would be needed to complement the Tysons plan; for example,



**Suzianne Zottl, Revitalization Program Manager, and Matthew Ladd, Senior Planner, Planning Division, Fairfax County.**

PHOTOS BY RUSS UGONE/THE CONNECTION



**Vienna residents David Roberts and Laura Abbot.**

a funding plan that tracks with growth. David Roberts, a Vienna resident, said that “the Tysons Development was happening in an artificial manner,” explaining that “cities normally grow because of need, but here at Tysons, businesses got together and decided to build the city first.” Rob Whitfield, a Reston resident, added that “the occupied office space at Tysons is at the same level it was 13 years ago.” He also expressed concern that all available county resources are going to the Tysons area, especially when there are needs for parking at the other Silver Line Metro stations. The second recommendation pertained to adding density at the Circulator Route stops. Ladd said that “while the goal is to have as much growth as possible at the metro stations, this recommendation was not adopted at this time.” The plan calls for a high-quality bus service to connect the Tysons Metro Stations. Currently, 95 percent of the traffic at Tysons is vehicle traffic and the Plan seeks to increase public transportation. Laura Abbot, a Vienna resident, commented that there will be a need for public transportation since there will be no parking at the Tysons stations. She was also concerned with the cost of

such a Circulator Route, and said that “the prior Circulator bus had very low ridership and was funded by taxpayers.” Some of the residents in attendance said that transportation and funding were key issues and that it comes down to who will pay for these services, taxpayers or developers.

The third recommendation was to separate calculations for Affordable Workforce Housing by distinguishing between calculations for condominiums (for sale units) versus rental units.

**THE TYSONS PLAN** calls for reserving 20 percent of the residences for “affordable and workforce housing.” This language to separate calculations was not added to the plan.

At the conclusion of the meeting, Whitfield reiterated an overall recommendation for a fiscal plan that showed total costs and sources of such funds. The audience was in agreement, and the County planners stated that they would take this recommendation back to the Board of Supervisors. Dates for the remaining two meetings were not available at this time. To learn more about the plan for Tysons and the proposed amendments, visit [www.fairfaxcounty.gov/tysons](http://www.fairfaxcounty.gov/tysons).

## New Approach to Mental Health

Reforms in wake of tragedy involving state senator’s son.

BY MICHAEL LEE POPE  
THE CONNECTION

Advocates for mental health services have been calling for improved services and increased funding for years, although the issue has been pushed aside year after year. But now that the son of state Sen. Creigh Deeds (D-25) committed suicide after stabbing his father, a new sense of urgency is emerging in advance of the upcoming General Assembly session. This week, Republican Gov. Bob McDonnell proposed adding \$38 million over two years to the existing \$250 million budget for community service boards across the commonwealth.

“It makes you wonder why a crisis was needed to initiate the type of funding that we need,” said Pamela Barrett, a member of the Fairfax-Falls Church Community Services Board. “We are so far behind other states in mental health crisis response funding as it is, and it’s something that the CSBs have been lobbying for and begging for for years.”

McDonnell also issued an executive order 68 to convene a task force on improving mental health services and crisis response. The governor described his task force as a group of leaders in the mental health and law enforcement as well as the judicial system and private hospitals. Within minutes of McDonnell’s announcement, Governor-elect Terry McAuliffe issued a statement commending the governor, an indication he intends to follow through when he assumes the reins of power next year. But advocates for mental health remain skeptical.

**FOR NOW**, the issue seems to have newfound momentum — the result of a series of events that unfolded last month, when an emergency custody order was issued for the senator’s son but a psychiatric bed could not be located before the order expired. That’s why one of the reforms proposed by the governor is allowing magistrates to extend the orders by two hours. Another proposal would extend

temporary detention orders to 72 hours, a proposal that would cost about \$1.6 million a year. Funding is also proposed for the Western State Hospital, where Northern Virginia jurisdictions send patients, which would be about \$680,000 a year.

“These proposals will make a dent, but this is certainly not going to solve the problem,” said Judith Deane of the Arlington Community Services Board. “Northern Virginia jurisdictions put a lot of their own money into this, so in that sense we are better off than many other counties in Virginia. But we still have a lot of need.”

Alexandria Community Services Board director Michael Gilmore said when he was director of the community services board that serves rural Bath County and Rockbridge County, the local funding for community services was about \$5 per capita when he left a decade ago. In Alexandria, by contrast, the local funding for community services is \$125 per capita. That’s why a psychiatric bed might be much more difficult to find in the rural stretches of Virginia, where services are few and far between.

“Much of the state is dependent on billing Medicaid to cover the cost of the services they provide,” said Gilmore. “But all five of the community services boards up here have much more local funding.”

**THE PROPOSALS INCLUDE** expanding programs for child psychiatry and children’s crisis response services as well as crisis intervention team programs, crisis stabilization services and discharge assistance programs. Other proposals include expanding mental health first aid programs, secure assessment centers and suicide prevention efforts. One initiative would spend \$1.8 million to create six secure crisis intervention team assessment centers where people can be held safely for evaluation and finding a bed without tying up law enforcement personnel.

“That’s only \$300,000 a center,” said Gilmore. “I think it’s going to cost a lot more than that.”



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## NEWS

Elizabeth Kazarian and Fiona Zaloshnja, seniors at McLean High, try on scarves.



PHOTOS BY  
STEVE HIBBARD/  
THE CONNECTION

# Highlanders Hold Holiday Bazaar

Fundraiser offers school spirit wear and arts and crafts at McLean High School.

The Highlander Holiday Bazaar was held at McLean High School on Saturday, Dec. 7.

— STEVE HIBBARD



Nick Clines, 12, sells cupcakes for McLean High's baseball team.



Tanya Nickson sells Scarves by Tanya of Herndon.



Members of the McLean High Hockey Club sell spirit-wear (from left): Carter Grose, Vincent Charette, Graham Schmidt, Jordan Blum and Aidan Phipps.

## OBITUARY

# Dr. James Edward 'Jay' Manning, III, 78, Dies

BY HELEN MANNING,  
DAUGHTER

**N**orthern Virginia has lost a towering presence in the community – an athlete, distinguished educator, and champion of every student.

Dr. James Edward "Jay" Manning, III, 78 died on Dec. 4. Jay was born into the prominent Irish, Manning family, of builders, architects, and scholars from Boston, on Dec. 27, 1934, in Hudson, Mass. After the Great Depression, Jay and his seven siblings were faced with challenging times. The solution their indomitable mother, Helen Schofield Manning chose was, to relocate the family to Washington, D.C., after writing to President Harry S. Truman and, J. Edgar Hoover, garnering national attention for the family and, securing positions for her daughters at the FBI.

Jay and his brother Peter, both strong athletes, were encouraged by the leadership of their mother to focus on sports, with the goal of college scholarships. Jay attended both St. Paul's Academy and Gonzaga High School. Jay was awarded a basketball scholarship to, and graduated with honors from, The George Washington University. While at GWU, he was regularly featured in the Sports section of the Washington Post, and his team won the 1954 NCAA Southern Conference Tournament Championship.

He served in the United States Army, from 1957 to 1959. After leaving the military, Jay Manning returned to Massachusetts and, was invited to training camp, as a basketball player for the world champion, Boston Celtics, with Bill Russell under coach, Red

Auerbach. Teammates remember Coach Auerbach saying of Jay, "Can somebody keep this guy back? He's relentless."

Jay then found his vocation as an educator. He relocated back to Washington, D.C., and began teaching and coaching at Our Lady of Good Counsel. He married Joanne Hyre Manning of Bethesda, Md., in 1963. Jay was also an early and purposeful advocate for desegregation. He helped accomplish the desegregation of the public basketball courts in Washington, D.C.

Jay led as the Assistant Principal of Fairfax High School and continued his leadership at Lake Braddock Secondary School, implementing the experimental "schools without walls" theory of secondary education. During this tenure, Jay earned his Doctorate in Education at GWU. He distinguished himself as a high school administrator at Fort Hunt High School and Langley High School. Throughout his career, Jay held adjunct professorships at The George Washington University, the University of Marymount, and The University of Virginia, mentoring future secondary education administrators.

As Principal of Langley High School, Dr. Manning received national recognition, for modernizing and initiating many services and procedures within the school, including the college preparatory library, publicly posting sports recognition for the school student's achievements, and pursuing purposeful engagement with the entire student body, on school spirit and ethics codes, all of which are currently maintained by the school and, are included in the general Fairfax Country Public Schools system wide.

Dr. Manning was committed to his local neighborhood through sports coaching, fund raising, promoting local parks, providing leadership to the Indian Guides organization, and teaching Catholic Church doctrine. He never lost his love of playing basketball.

He was honored with the Citizen of the Year award in McLean for his community leadership, serving as the President of the McLean Chamber of Commerce; Member of the Board for the McLean Orchestra; Member of the Rotary Club, McLean Chapter, founding the Interact program for the Langley student body, and initiating a Rotary Club Cup for Girls Field Hockey which still continues. Dr. Manning was a founding member of both the Tower Club in McLean, and the Sporting Club of McLean (now "Sport and Health of Tysons").

Jay was known for his towering physical stature, strong moral values, and gentle nature. He had a talent to connect and draw out individual strength, potential, and a smile from everyone he met. He is credited with uplifting students, futures and careers. Former teacher and friend Anne Morton states: "Dr. Manning was loved and respected by many, and he has left a legacy in his former schools as a principal who cared for every student."

He was a loving husband and father of four children. He was also a caring and involved uncle to almost 40 nieces and nephews and a proud grandfather of 9 grandchildren.

Jay's life was celebrated with visitation on Dec. 13 at Fairfax Memorial Funeral Home, followed by a graveside service at Fairfax Memorial Park, 9902 Braddock Road, Fairfax.



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## Preserve 3-2-1 for Housing

**Housing for all income levels near transit supports vibrant communities and job growth, reduces traffic.**

BY MICHELLE KROCKER  
AND JIM EDMONDSON

In the latest edition of The Herrity Report, Springfield Supervisor Pat Herrity proposed “redirecting developers’ \$3 per square foot contribution for buying rent-controlled housing units into a trust fund to pay for public school renovation and construction.”

The report proceeds to make several unsubstantiated claims regarding the number of people living in subsidized housing and the growth in both the number of subsidized units and number of households in Fairfax County. However as in the past, The Herrity Report does not provide the full picture of the housing policy under discussion, and misrepresents the facts.

The Board of Supervisors adopted its housing policy in 2010 as a part of the larger plan

for the redevelopment of Tysons. It is now under consideration, at the request of the board, for application in other designated high density, transit and business centers in the rest of the county. Called the ‘3-2-1’ policy, the proposal by county staff would apply a contribution from commercial development to support the construction of workforce housing in the transit or business area, as it does in the Tysons plan. The contribution would be applied on a sliding scale based on a proposed development’s proximity to a transit station. This proposal will go before the Planning Commission and then the Board of Supervisors in the first quarter of 2014.

Why is this policy important?

❖ To accommodate projected job growth and remain competitive within the region, it is important to ensure housing opportunities for the workforce of the future at all income levels;

❖ Developing housing at transit stations and adjacent to employment centers encourages use of mass transit, walking and biking which can lead to fewer cars, and less congestion; it also enhances Metro revenue and reduces the pressure on local government to provide subsidies for the system;

❖ Linking commercial development (jobs) and housing via a linkage program is an acknowledged “best practice” in hundreds of communities across the country to ensure an

adequate supply of housing to support job growth.

❖ It recognizes the changing preferences of workers/taxpayers/voters, particularly young people, to live near where they work.

The proposed policy anticipates that the contributions will be made to a housing trust fund used by the county to leverage private sector financing to develop the needed housing.

The housing that is constructed will not be owned or purchased by the county. In fact, very little of the affordable housing in the county is owned by the government.

Securing decent housing that is affordable remains a challenge for Fairfax County households earning less than \$60,000.

Meeting the growing needs of our school system is also an important issue. Both education and safe, decent housing are fundamental to the well-being of our community, and residents want leadership that seeks to find workable solutions. Failing to recognize the importance of both and pitting one issue against the other are not the answers, and the citizens of Fairfax County deserve better from elected officials.

*Michelle Krockner is executive director, Northern Virginia Affordable Housing Alliance. Jim Edmondson is president of AHOME, which promotes affordable housing opportunities for families at all income levels.*

GUEST  
EDITORIAL

### LETTERS TO THE EDITOR

## Parents Advocate for Class Size Caps

To the Editor:

On Saturday, Dec. 7, Fairfax County Public Schools (FCPS) Superintendent’s (Dr. Karen Garza) conducted a “Listening Tour” meeting at Cooper Middle School in McLean.

Many parents who spoke at the meeting were concerned about large class sizes in their children’s schools. This is not a problem in most FCPS schools - the average elementary school class in FCPS has only 21-22 students, and plenty of FCPS elementary schools average 20 or fewer students per class.

However, large class sizes have become the norm in Vienna, Oakton, McLean and Great Falls schools. Teachers unlucky enough to be assigned to the 30+ classes are often pushed to the limit in terms of what they can do to control classroom behavior and alleviate student stress. At Wolftrap Elementary, teachers have even created a “coping couch” for stressed kids to help them escape from the crowded, noisy and chaotic atmosphere that is so often inevitable with such excessively large classes.

The school system is looking at county-wide increases in average class sizes. Without some type of class size cap, this would create a situation where most of the county’s students had reasonable class sizes (e.g., 16 to 26 students), but even more students in the Vienna, Oakton, McLean and Great Falls would have more than 30 students in their rooms - which are no larger than the rooms being used to hold 17 or 22 students elsewhere in FCPS.



**Karen Garza discusses class size at the Dec. 7 listening tour in McLean.**

After seeing their children crammed into oversized classes for years, parents formed Class Size Counts last year. The group is working with State Delegate Barbara Comstock to address the class size issue at the state level, Supervisor Foust, several School Board members and Superintendent Garza at the county level. The Class Size Counts online petition, with over 1,000 signatures, asks that the Fairfax County school system not increase average class sizes without simultaneously implementing class size caps:

[http://www.ipetitions.com/petition/stop-oversize-classes-in-fairfax-countyschool/?utm\\_medium=email&utm\\_source=system&utm\\_campaign=Send%2Bto%2BFriend](http://www.ipetitions.com/petition/stop-oversize-classes-in-fairfax-countyschool/?utm_medium=email&utm_source=system&utm_campaign=Send%2Bto%2BFriend).

At Cooper Middle School, Dr. Garza reassured parents and teachers in the room that she is working to fix this problem, by drafting an FCPS regulation that would impose class size caps.

Class Size Counts applauds Dr. Garza for taking a stand on implementing caps so that all children in FCPS can receive a decent and fair education.

Interestingly, the School Board member whose district includes many schools with the largest class sizes - Jane Strauss - also told parents at a Longfellow PTA meeting that she opposed a class size cap, and preferred to continue using the FCPS “staffing reserve.” Several years ago, parents submitted a Freedom of Information Act (FOIA) request for emails and other documents regarding the staffing reserve. The documents painted a picture of a slush fund with no apparent criteria or controls.

**Kim Farrell**

Mother of two FCPS students  
Vienna

### Write

Letters to the Editor  
The Connection  
1606 King St.  
Alexandria VA 22314

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To discuss ideas and concerns,  
Call: 703-778-9410  
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[mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ❖ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

**Victoria Ross**  
County Reporter ❖ 301-502-6027  
[vross@connectionnewspapers.com](mailto:vross@connectionnewspapers.com)

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**Editor & Publisher**  
Mary Kimm  
703-778-9433  
[@MaryKimm](mailto:mkimm@connectionnewspapers.com)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

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**Photography:**  
Deb Cobb, Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
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Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
703-778-9436  
[@TheismannMedia](mailto:jtheismann@connectionnewspapers.com)

**CIRCULATION: 703-778-9426**  
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PHOTO BY LAURA SHERIDAN/WOMAN'S CLUB

### Homes Tour Achieves Its Goals

A ribbon cutting on Dec. 5 kicked off the Woman's Club of McLean's 47th annual Holiday Homes Tour at the Langley Ordinary tour house, on Chain Bridge Road. Rear Admiral Kathleen L. Martin (Ret.), executive director of the Navy Marine Coast Guard Foundation, including the local Wounded Warrior Housing project, cut the ribbon to open the tour. Pictured from left, first row, are Daniela Lulli, a student at McLean's Oakcrest School, which assisted in the tour; Adm. Martin, Kay Burnell, chairman of the tour; Nancy Hall, playing "Ms. Santa Claus"; Dr. Karen Kierce, homeowner of Bienvenue, another house on the tour; and Clare Escobar, an Oakcrest student. Second row: McLean Chamber of Commerce Chairman Marcia Twomey and Woman's Club President Mildred Thompson. Back row: Doug de Luca and Matt Bronczek, co-owners of Langley Ordinary. Several hundred people are estimated to have attended the tour.

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Theorem Painting by Jean Henry of Montclair, Va.

PHOTOS BY STEVE HIBBARD/THE CONNECTION



Bobbie Pontzer of Betty Jane's Sweet Delights of Vienna.

## McLean Holiday Crafts Show a Hit

Featured 70 fine American artisans from across the country.

The 31st Annual McLean Holiday Crafts Show was held Dec. 6, 7 and 8 at the McLean Community Center. The event featured 70 artisans from across the country in a juried show with paintings, glass, gourmet foods and jewelry, among other things.

—STEVE HIBBARD

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- 4:00 p.m. – Family Service of Holy Eucharist
- Christmas music at 3:30 p.m.
- 7:00 p.m. - Holy Eucharist
- Christmas music at 6:30 p.m.
- 10:00 p.m. - Holy Eucharist
- Christmas music at 9:30 p.m.

December 25 – Christmas Day

- 10:00 a.m. - Holy Eucharist

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# HOLIDAY CALENDAR

## SATURDAY/DEC. 21

### Gingerbread House Decorating

**Class.** 10 a.m. or 1 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Learn to make your own gingerbread house. \$70 per child, ages 2-12. Reservations required. 703-917-5498.

**The Nutcracker Tea.** 10 a.m. or 1 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Watch the ballet production of "The Nutcracker" while enjoying afternoon tea and treats. \$75 per person. Reservations required. 703-917-5498.

**The Annual Rocknoceros Holiday Singalong.** 11 a.m. & 2 p.m. 227 Maple Avenue East, Vienna. Admission: \$10. 703-255-1566

**Winter Solstice Celebration.** 4-5:30 p.m. Unity of Fairfax, 2854 Hunter Mill Road, Oakton. Join us as we use music, meditation, and inspirational readings to individually connect to the energies of Mother Earth for peace and healing. As a group, we will also connect to sacred sites around the planet— where people are joining, every solstice and equinox, in Global Medicine Wheel Ceremonies, to bring love and harmony to our beautiful planet. After the ceremony, we will adjourn with drumming and flute playing for refreshments in our Atrium. [www.UnityOffFairfax.org](http://www.UnityOffFairfax.org)

through a miniature western town in the Colvin Run Barn.

## SUNDAY/DEC. 22

**A Festival of Lessons & Carols.** 9 a.m. & 11:15 a.m. St. John's Episcopal Church, 6715 Georgetown Pike, McLean. Lessons will be read by parishioners, seasonal anthems presented by the choirs, and carols sung by the congregation.

**Gingerbread House Decorating Class.** 10 a.m. or 1 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Learn to make your own gingerbread house. \$70 per child, ages 2-12. Reservations required. 703-917-5498.

**The Princess Tea.** 11 a.m. or 2 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Watch a theatrical production feature Disney princesses while enjoying afternoon tea and treats. \$75 per person. Children under 2 are free. Reservations required. 703-917-5498.

## TUESDAY/DEC. 24

**St. John's Episcopal Church Christmas Worship Services.** 3:30 p.m. 6715 Georgetown Pike, McLean. 703-356-4902. This service is especially designed for families with young children.

## WEDNESDAY/DEC. 25

**Christmas Day Brunch at Entyse Bistro.** 10 a.m.-3 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean.

Celebrate the holiday with brunch. Enjoy live musical entertainment and special activities, including face painting and a balloon artist for the children. \$120 per adult; \$40 for children under 12. Reservations required. 703-917-5498.

## TUESDAY/DEC. 31

**New Year's Eve at Entyse Bistro.** 5:30-10:30 p.m. at the Ritz Carlton, 1700 Tysons Blvd., McLean. Ring in the New Year with a four-course tasting menu, champagne toast and live music. \$135 per person. Reservations required. 703-917-5498.

**New Year's Eve Party.** 7:30 p.m. Vienna's American Legion Post 180, 330 Center Street, North, Vienna. Chris Polk Band: \$35 single, \$50 per couple, benefits Legion National Emergency Fund. Call 703-938-9535 for tickets.

**First Night Vienna.** 7 p.m. - 12 a.m. Church Street in Vienna. A family-friendly New Year's celebration. This celebration will feature local musicians, great food, exciting entertainment and hands-on activities for both children and adults.

**7th Annual Rocknoceros New Years Eve Party.** 11 a.m. & 2 p.m. Jammin Java, 227 Maple Ave E, Vienna. Rocknoceros (pronounced like rhinoceros) is three guys: Coach Cotton, Williebob, and Boogie Woogie Bennie, who make wildly popular, award-winning music for the whole family. Admission: \$10. 703-255-1566

## SATURDAY/DEC. 21, 22, 28, & 29

**Annual Train Display at Colvin Run Mill.** Colvin Run Mill Barn, 10017 Colvin Run Road, Great Falls. Watch G-gauge trains wend their way

## ENTERTAINMENT

Send announcements to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

### SATURDAY/DEC. 21

**Ballroom Dance.** 8-9 p.m.; Viennese Waltz lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. DJ music from Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$15 for the evening. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. <http://www.viennatheatrecompany.org/>

120 Cherry Street, SE, Vienna. *THIS* is a bright, tart, and melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. <http://www.viennatheatrecompany.org/>

### FRIDAY/JAN. 31, 2014

**THIS.** 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. *THIS* is a bright, tart, and melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. <http://www.viennatheatrecompany.org/>

### SATURDAY/ JAN. 4

**Ballroom Dance.** 8-9 p.m. Waltz lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music from Mike Surratt & the ECB playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$20 for the evening. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

### SATURDAY/FEB. 1

**Ballroom Dance.** 8-9 p.m. Samba lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music from Mike Surratt & the ECB playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$20 for the evening. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

**Arts for Autism Gala.** 6:30 p.m. Tower Club, 8000 Towers Crescent Drive, #1700, Vienna. An evening that brings together the arts, fashion and autism communities to benefit individuals and families affected by Autism. Festivities include a reception, dinner and silent auction. [www.arts-for-autism.org](http://www.arts-for-autism.org)

### SATURDAY/FEB. 15

**Valentine's Ballroom Dance.** 8-9 p.m. Tango lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. DJ music from Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$15 for the evening. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

### SATURDAY/MARCH 1

**Ballroom Dance.** 8-9 p.m. Merengue lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. Live music from Helmut & Andre playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$20 for the evening. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

### ONGOING

**Straight Ahead Jazz.** 8 p.m., at the Maplewood Grill, 132 Branch Road, Vienna. Every Monday drummer Karl Anthony hosts a night of straight ahead jazz featuring guest musicians and open to sit-in musicians. [www.maplewoodgrill.com](http://www.maplewoodgrill.com).

**Personalized ebook/e-Reader Instruction.** Dolley Madison Library, 1244 Oak Ridge Ave., McLean. Learn about your e-reader and downloading eBooks; event continues through March 31st.

### SATURDAY/FEB. 1, 7, 8, 2014

**THIS.** 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. *THIS* is a bright, tart, and melancholy comedy that captures the uncertain steps of a circle of friends entering the choppy waters of middle age. <http://www.viennatheatrecompany.org/>

### SUNDAY/FEB. 2 & 9, 2014

**THIS.** 2 p.m. Vienna Community Center,

### SATURDAY/ JAN. 18

**Ballroom Dance.** 8-9 p.m. Quick-Step lesson, 9-11:30 p.m. dance. Colvin Run Dance Hall, 10201 Colvin Run Road, Great Falls. DJ music from Craig Bukowski playing favorite dance tunes from the 1930s to today. Attire is ballroom casual, no partner or experience is needed. \$15 for the evening. 703-759-2685 or [www.colvinrun.org](http://www.colvinrun.org).

### SUNDAY/JAN. 19

**Breakfast Buffet.** 8 a.m. - 12 p.m. 330 Center Street, N., Vienna. Adults \$8, children \$3. 703-938-1379.

### FRIDAY/JAN. 24 & 25, 2014

**THIS.** 8 p.m. Vienna Community Center, 120 Cherry Street, SE, Vienna. *THIS* is a bright, tart, and



## PUBLIC NOTICE

### I-495 Northern Section Shoulder Lane Use Project Fairfax County

The proposed project would convert approximately 1.8 miles of the inside shoulder of I-495 northbound in Fairfax County into a travel lane during the morning and afternoon peak periods. Appropriate pavement markings, signing, and an overhead lane use management system will also be implemented to regulate the assigned shoulder use times. No additional right-of-way or easements are anticipated.

In compliance with the National Environmental Policy Act (NEPA) and 23 CFR Part 771, a Categorical Exclusion was prepared. Pursuant to the National Historic Preservation Act, Section 106 and 36 CFR 800, information concerning the potential effects of the proposed improvements on properties is also included in the environmental document. The environmental document is now available for public review and comment on the project website, and at the VDOT Northern Virginia District Office located at 4975 Alliance Drive Fairfax, Virginia, 22030. Please call ahead at 800-FOR-ROAD (800-367-7623) or TTTY/TD 711 to ensure the availability of appropriate personnel to answer your questions.

Submit your comments by January 6, 2014 to Mr. John C. Muse at the VDOT District Office address above or you may also e-mail comments to [meeting\\_comments@VDOT.virginia.gov](mailto:meeting_comments@VDOT.virginia.gov). Please reference "I-495 Shoulder Lane Use" in the subject line.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact VDOT's Civil Rights Division at the above phone number.

State Project: 0495-029-123, P101, C501  
Federal Project: STP-495-5(094); UPC: 105130

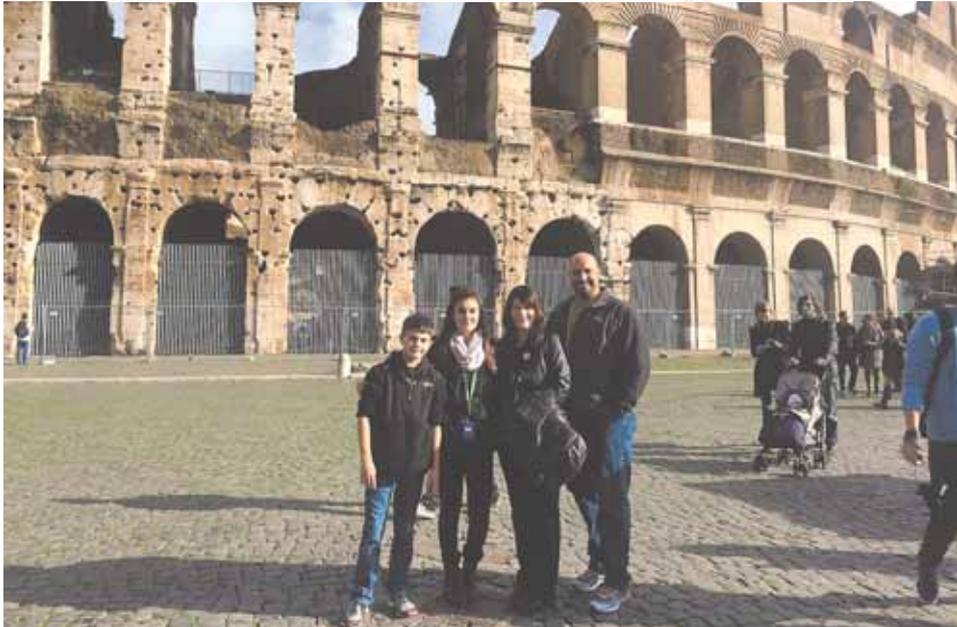


PHOTO COURTESY OF LEN ANNETTA

**Len Annetta, Ph.D., of George Mason University traveled to Italy recently with his wife, Jennifer, and his children Samantha and Joey. Annetta kept his children occupied during the long flight with cloud games and by helping them practice Italian.**

## Home for the Holidays: Surviving a Long Trip

**Keeping children entertained on lengthy airplane rides.**

BY MARILYN CAMPBELL  
THE CONNECTION

**L**iz Henry is nervous about her upcoming flight to San Francisco. It's not TSA regulations or long lines that are causing her anxiety, however. It is traveling alone with her three children — all of whom are under the age of 6.

"My kids are 5, 3 and 1," said Henry, who lives in Vienna. "I'm taking them to visit my family for Christmas, but they've never flown before. I have a lot of DVDs packed, but I don't know how far those will get me. I don't like pacifying my kids with videos, but I don't think I have a choice."

Going home for the holidays often means boarding an airplane with high-energy children and settling in for a long ride. Parents such as Henry scramble to find ways to fill the time in a way that keeps their child entertained without disturbing other passengers. Local education experts say there are options that don't involve the last resort of videos and electronic games, however.

"Reading is always a good choice, but for many children, it cannot hold their attention for long plane rides," said Len Annetta, Ph.D., a professor in the College of Education and Human Development at George Mason University. "Games like Scrabble challenge players' literacy skills in a fun way. Crossword puzzles are also fun and engaging."

Annetta, who recently returned from a family trip to Italy, has first-hand experi-

ence with surviving lengthy plane rides with children in tow. "I took the whole family, including my 13- and 11-year-old children," he said. "My children are older, but we played a name the cloud game. Of course, we were above the clouds, so it made it a bit more difficult."

When traveling abroad, a long flight is an ideal time to learn more about the culture or language of your final destination. "My children tried a crash course on Italian," said Annetta. "They learned a few words they used during the week we were there. This was a free app on the iPod that we downloaded before we left."

Bethesda-based psychotherapist Katie Cogan, Ph.D., recommends activities that engage a child's imagination, particularly for younger children. "You always have your imagination with you no matter what," she said. "You can say to a child, 'Tell me a story,' or you can take turns telling stories with your child. When you're on the plane, you can help your child imagine what it will look like when we get there."

For young children, Cogan said, "Using what's inside you to create a world that already exists. It is called active imagination. Use your creativity to do anything. If you're with a young child, you can ask 'How many things can you think of that are red?'"

Cogan also advises helping children make up a story, particularly about their final destination. "If it is a small kid, give them the first part of the story or the first word and let them take it from there," she said. "Have paper with you, and you can have your child tell you the story and either write it down or have your child write the story down and color it."

Annetta said, "Journaling your experience is a fun way to practice writing while telling the story of where you are going or where you've been."

Alexandria resident and runway model, **Tameka Young**

**EXTRAORDINARY**

*Alexandria*

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# SPORTS

## McLean Boys' Basketball Beats Langley in Overtime

Highlanders senior Sullivan leads all scorers with 17 points.

BY JON ROETMAN  
THE CONNECTION

McLean senior Joey Sullivan struggled to focus during a math quiz at school on Friday. Later that night, Sullivan, a captain on the school's boys' basketball team, suffered cramps in each of his calves after crashing into a wall behind the baseline.

At the end of the night, however, Sullivan and the Highlanders were able to celebrate a hard-fought victory on their rival's home court.

"It's all worth it," Sullivan said. "Definitely."

**SULLIVAN SCORED** a game-high 17 points, including a bucket that gave McLean a two-possession lead in overtime, and the Highlanders defeated Langley 45-36 at Langley High School.

The teams ended regulation tied at 32. After a Patrick Dolan free throw gave McLean a one-point lead with 2:30 left in overtime, Jack Ferguson extended the lead to three with a jumper before Sullivan's transition bucket increased the lead to five. Langley would get no closer the rest of the way.

"I don't think we should have school when we play Langley games," Sullivan said. "It was hard to focus today. I had to take a math quiz and it was hard to do that. Going into the game, all you do is just shake all day, at least for me."

Sullivan scored 10 of his 17 points in the second half and overtime.

"Joe's our leader from Day One," first-year McLean head coach Mike O'Brien said. "Joe's the heart of the team. He wears his heart on his sleeve, as you can see. He's a very emotional kid. Sometimes he can be a little too emotional, but I'll take that kind of kid 10 out of 10 times and I'll take a team full of them. He just plays with everything he has."

Ferguson finished with 13 points for the Highlanders.

McLean trailed 16-10 at halftime. A Sullivan bucket gave the Highlanders their first lead of the game with 30 seconds left in the third quarter, but Langley regained the lead when freshman guard Aaron Kim knocked down a 3-pointer in the closing seconds of the quarter.

Langley guard Christian Gaibler drilled his third 3-pointer of the game with 2:02 left in the fourth quarter, giving the Saxons a 32-28 lead. After a bucket by Sullivan and two McLean free throws tied the score at 32, Langley had a chance to win, but senior guard Ross Callaghan missed a jumper in the closing seconds of regulation.

"Ten points in the first half, that's hard to do in a varsity game," O'Brien said of McLean's offensive struggles. "Really, [with our performance in] the whole second half, I just thought we really carried that momentum from the second half into that overtime ..."

McLean improved to 2-2 under O'Brien, who coached the school's girls' basketball team last sea-



McLean senior Joey Sullivan scored a game-high 17 points against Langley on Friday night.

son.

"[This win] definitely is a momentum booster," O'Brien said. "This is a big game for the kids. No matter who wins this, whichever team, takes this with them. You can see that student body gets into it. It's a great atmosphere for high school kids to play in. It's kind of what you remember when you go off and you think back to your high school career. This is the kind of game they'll remember."

Langley fell to 0-4 under first-year head coach Scott Newman, who was an assistant with the program the previous four seasons.

"[McLean] made us uncomfortable. They played extremely hard," Newman said. "At the end of the day, we had the ball in our best player's hands, shooting a 15-foot pull-up, which is usually like a lay-up for him, with time expiring, so I'm disappointed with the outcome; but I'm happy with the way our guys played. They really competed, they were tough and now we owe [the Highlanders] one."

**KIM LED THE SAXONS** with 12 points, including seven in the first half.

"I thought he played great," Newman said. "He really didn't back away from the moment. It's hard to make shots and make plays in that environment. There are so many eyes on you, there's so much pressure, and especially for a freshman, to step up and take and make the shots that he made for us tonight was huge."

Callaghan and Gaibler each scored nine points for Langley.

McLean will compete in the Glory Days Tournament at Lake Braddock Dec. 26-28.

Langley will compete in the Mount Vernon holiday tournament Dec. 26-28.

"You've got to give them all the credit," Newman said. "Their kids competed extremely hard. Down the stretch when they needed a rebound or a loose ball, they had it and I think that was the difference in the game."



McLean senior Maia Lee finished with 12 points and 11 rebounds against Langley on Dec. 13.

## McLean Girls Cruise to Victory

Highlanders pull away with 35-3 run against Langley.

BY JON ROETMAN  
THE CONNECTION

McLean senior Maia Lee stood outside the Langley High School gym on Friday night and discussed the experience of facing the rival Saxons.

"It's really fun," she said. "I live for these Langley games. When you beat them, it's like you made the whole week."

Playing in front of each school's loud and spirited student sections, a strong defensive effort by the Highlanders assured Lee's week was an enjoyable one.

The McLean girls' basketball team did not allow Langley to reach double digits on the scoreboard until more than two minutes had elapsed in the third quarter and the Highlanders cruised to a 46-27 victory on their rival's home floor. The win improved McLean's record to 4-0.

After falling behind 6-2 during the game's first two minutes, McLean embarked on a 35-3 run lasting into the third quarter. The Highlanders led by as many as 28 points, when a bucket by Lee gave McLean a 37-9 advantage.

**EARLY IN THE SECOND HALF**, McLean fans chanted "sin-gle dig-its," mocking the Saxons for their low point total. Langley junior Lauren Meyer's free throw with 5:35 left in the third quarter got the Saxons to 10 points.

McLean finished with 10 steals.

"Anytime you play in this environment, it's tough to manage

the emotion side of it and the basketball side of it," first-year McLean head coach Jen Sobota said. "Once we kind of had a few turnovers and then we settled down a little bit, we got into our flow and played the game we wanted to play."

Lee, a 6-foot-3 forward who signed with Old Dominion University, finished with 12 points and 11 rebounds. She scored all six of McLean's third-quarter points while showing her athleticism and rebounding skills.

"She has the ability to take over a game whenever she wants to and I think the girls look to her for that," Sobota said. "It's nice to have somebody that is able to do that."

Senior guard Cami Prock also scored 12 points for McLean, all of which came in the first half.

"From the tip to the last buzzer, she's just a fireball," Sobota said. "She never gives up, she's running around [and] leaves everything out on the court."

**SOBOTA** was an assistant for the Highlanders last season under head coach Mike O'Brien, who is now the head coach of the McLean boys' team. The Highlanders reached the district championship game, where they lost to Madison, 48-46. This year, the Highlanders have their sights set on a conference title.

McLean will compete in the Chantilly holiday tournament Dec. 26-28. Langley will compete in the KSA Events holiday tournament Dec. 27, 28 and 30 in Orlando.

WEEK IN  
McLEAN

## Police Thwart Shopping Swindlers

Phony credit cards, stolen identifications, and out-of-state shoplifting scams are being targeted by Fairfax County Police Retail Anti-Theft Teams (RATT) once again this holiday season. In an annual effort that began "Black Friday," officers are patrolling the malls and shopping centers across Fairfax County hoping to keep the areas safe and crime-free.

Teams of Fairfax County officers are working in shopping malls and retail businesses in both uniformed and plain-clothes capacities. They are targeting all shoplifters but particularly the "professionals" that distract store employees while associates across the store attempt to conceal and steal merchandise.

In 2012, officers assigned to the retail anti-theft operations in the McLean Police District arrested 81 people, placed 63 felony charges and 71 misdemeanor charges. They recovered and/or seized stolen property worth over \$76,000 dollars.

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# Backwards Thinking



By KENNETH B. LOURIE

Considering that I've been cancer-centric now for nearly five years, one would have thought I might have learned and totally embraced an alternative concept: forward living – and less thinking about past causes and their possible current effects. Certainly cancer causes physical manifestations and symptoms that are diagnosable and indicative of trouble. But it's the unseen effects that in some cases cause as many difficulties. What I am referring to is the mental and emotional toll a terminal diagnosis and short term prognosis can have on the patient's perspective on life and living, and what's presumptively thought to be left of it.

And in my experience now as a comparatively long-term survivor – five years come February 27, of stage IV, non-small cell lung cancer (NSCLC), backwards thinking, as in why me, as in woe is me, has generally not been characteristic of my daily grind. Sure, I've made changes to my pre-cancer Kenny regimen of poor diet and above-average stress, and have regularly compared and contrasted my past with my present/future. However, much of this has been ongoing. I've never felt as if I've dwelled on any of it. Focused maybe, but not so much as a negative, more as a positive, as in changes which needed to be made – or else. Moreover, to learn the error of my ways and try to parlay any new found knowledge into a future that initially, according to my oncologist's original prognosis: "13 months to two years", was hardly guaranteed.

In spite of it all, I have lived – and learned and accepted that my new reality is somewhat different than it once was: somewhere between tenuous and temporary. Still, thinking about the past can only do so much good when contemplating a future that has been snatched away somewhat (somewhat? quite, actually) unexpectedly at 54 and one half. If I want to have a future, thinking and living as if I have one is more agreeable and more rewarding – and much less stressful than thinking I don't. And constantly reviewing, assessing, and connecting with the horse on which I rode in, as informative as it may be in helping to understand and appreciate the medical predicament in which I find myself so immersed, might actually be causing more harm – emotionally, than I'm willing to admit. I can't change the past, so living with it on a daily basis when I have a present and a future to consider might be shackling me in some emotional way that is preventing me from maintaining the positive and optimistic attitude so crucial in defending myself against the insidious disease inside my lungs.

Not that I'm suggesting that I can talk/think these malignant tumors ("metastatic to the lung") to cease and desist, but spending mental time on what has already occurred, instead of what possibly could be, seems counterproductive, maybe even harmful. Trouble has already found me; I don't need to encourage it. And after all these years, I should know better. I do know better. Nevertheless, as the content of this column clearly indicates, I am still under siege. I am still trying to balance the challenges of living with a future while being mindful of a past and understanding that some emotions I can't control. Cancer is funny like that, but it's no laughing matter. Even so, I did think the subject was fodder for a column – or maybe I'm just indulging myself at your expense. If it's the latter more so than the former, I appreciate your patience. I probably need it.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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PHOTO CONTRIBUTED

Left to right: Sanjana Meduri, Siona Prasad, Zach Wang, Aaraj Vij, Vishnu Murthy, and Alex Tisseront

# Local Lego Team Wins Grand Champions Award

A local, Great Falls-based, FIRST LEGO League Team Positive Aftermath won the 1st Place Grand Champions Award at the VADC Championship Tournament held at James Madison University, Harrisonburg on Dec. 7-8, 2013. The team members Aaraj Vij, Alex Tisseront, Sanjana Meduri, Siona Prasad, Vishnu Murthy, and Zach Wang received the Grand Champions trophy and medallions to commemorate their achievement. They also earned the opportunity to participate in the FLL World Festival, to be held in conjunction with the FIRST Championship, April 23-26, 2014 at the America's Center and Edward Jones Dome in St. Louis, Mo.

In early fall every year, FLL releases a Challenge, which is based on a real-world scientific topic. This year's challenge, Nature's Fury focuses on devising innovative solutions to keep people and property safe before, during, and after a natural disaster. Each Challenge has three parts: the Robot Game, the Project and the FLL Core Values. Teams participate in the Challenge by programming an autonomous robot to score points on a themed playing field (Robot Game), developing a solution to a problem they have identified (Project), all guided by the FLL Core Values. Children work alongside adult mentors to design, build, and program autonomous robots using LEGO MINDSTORMS technologies and create an innovative solution to a problem as part of their research project. After eight intense weeks, the competition season cul-

minates at high-energy, sports-like tournaments. Like any other organized "sport," teams also fund raise, create a team identity, and go on field trips.

This season, Team Positive Aftermath studied hurricanes and focused on the problem of access to clean drinking water for families in the days following a hurricane. They were inspired by stories from family and friends who lived through hurricanes and set their goal on finding a feasible solution. For their innovative solution, they devised a portable and energy efficient water purifier to filter out contaminants commonly found in hurricane water. To accomplish their goal they interacted with many professionals in the related fields and incorporated feedback of scientists from USA and India. The team also organized a Typhoon Haiyan Emergency Fund fundraiser in which all FLL teams and the community members could participate in order to help victims of Typhoon Haiyan. Among other needs, families in the Philippines desperately need access to clean water. Team Positive Aftermath has raised over \$1000 so far, and anyone can still donate at the following website: [www.gofundme.com/Positive-Aftermath](http://www.gofundme.com/Positive-Aftermath)

FIRST LEGO League (FLL) is an international program for 9 to 16 year-old children created in 1998 to get children excited about science and technology – and teach them valuable employment and life skills.

Official FIRST website: <http://www.usfirst.org>

## Volunteer Opportunities

The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Volunteers can work in facilities close to where they live. Training is provided in March 2014.

Call 703-324-5861, TTY 711 or email [Lisa.Callahan@fairfaxcounty.gov](mailto:Lisa.Callahan@fairfaxcounty.gov). Find more information on becoming a long-term care ombudsman volunteer at [http://www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/vol\\_ombud\\_program.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/ltcombudsman/vol_ombud_program.htm).

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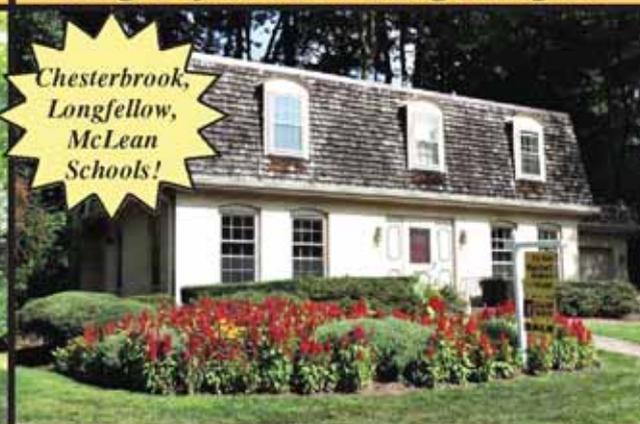


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